

# LIMITLESS LIVING

## Unleashing Abundance

### SHADOW WORK

#### **To uncover the shadow when being judged by others**

In the previous process, we learnt how to uncover the shadow from what is being judged on the outside.

There is another way of getting to the shadow and that is, if someone accuses us of something and we defend ourselves.

For example, when someone calls us a liar, our immediate reaction is to defend ourselves by saying things like, *"I'm not"*, *"Who the hell do you think you are!"*

The minute you notice you are defending yourself when other accuses you of some negative behaviour, there is something there you need to work on, yes, you need to work on your own shadow.

### The Process Steps

**Step 1:** Take a moment to enquire within yourself, cast your mind's eye in your past, and get a sense of knowing, of anyone who's ever accused you of something.

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**Step 2:** Ask yourself, how did it make you feel when they made the accusation? Just notice the feeling.

**Step 3:** Now claim that emotion. Welcome that feeling now. Where in the body do you feel that emotion? Go to the now flow, place the hand on that body part and welcome this feeling now. **Really** welcome it.

**Step 4:** Someone who has that behaviour, that they accused you for, how do they really feel about themselves on the inside?

**Step 5:** Have you ever had these feelings/behaviours yourself? (For example, feeling unworthy, having low self-esteem)

**Step 6:** What's the benefit of surface accusation? (For example, benefit of being wrong, benefit of feeling small, benefit of getting angry, benefit of lying)

**Step 7:** What's the opposite of this negative behaviour?

**Step 8:** When you are doing the opposite behaviour, can you ever feel accused? How do you feel instead?

**Step 9:** What is the benefit of the positive behaviour?

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**Step 10:** When you bring together the benefits of both, benefit of surface accusation and the opposite, what is here now?

Now go ahead and ask yourself, *"How can I be/feel (add positive behaviour) in myself and not be/feel (add negative behaviour) at the same time."*